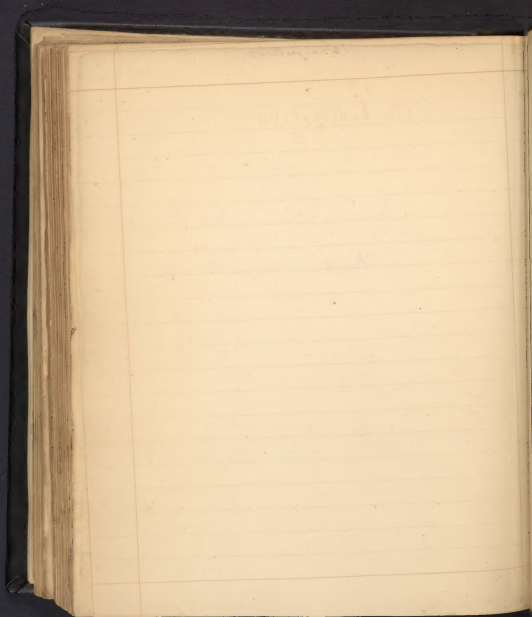


## On Indigestion

In the primitive and earlier Ages of the World, when the Customs and Manners of Society were simple and accordant with Nature, the various Diseases, to which the Human Body is subject, were of rare occurrence, and more especially those of the Class under which the present one may be ranged, we mean those of the Digestive Organs. But in the progress of refinement and of comparative ease and idleness, when Art was superadded to Nature and Man became a Slave to his passions and desires, Diseases, with a slow but steady pace, invaded that Fabric, which was formerly the Model of Health, of Beauty, and of Stature. Among these various and complicated Affections, Indigestion may, with propriety be considered in an Inaugural Dissertation, on account of its frequent occurrence and of its obstinacy and difficulty of cure. This last is not only to be ascribed to the fault of the patient, but likewise to its locality in an Organ, which is the receptacle of most of the Nourishment of our bodies and which, from its connexion and sympathy with every other part of the Animal System, exerts an unlimited and despotic sway.



## The Symptoms

of Dyspepsia are the following.

Squandishness; nausea; loss or deprivation of appetite; belching; debility; vomiting; painful or disagreeable sensations about the Epigastrium, such as burning, oppression as if a chord was tied around it; heartburns; sour or acid eructations; costiveness generally, though sometimes looseness and at other times alternating, often attended with discoloured faces; flatulency; head ache; paleness alternating with flushing; tongue with a white or brownish fur; languid countenance, particularly about the eyes, with discolouration of the inferior eyelids; rejection of a watery fluid from the stomach; torpor of the Muscular system; apoplexy; disturbed sleep and frightful dreams; palpitations; convulsions; ringing or hisping in the ears; vertigo; dulness of vision, amounting sometimes to blindness; asthma, epilepsy.

Such are the numerous symptoms which take place, when the disease is permitted to arrive at any height, but they very rarely or never all take place in the same person nor at the same time. Sometimes there are no painful sensations whatever but merely an inability of the Stomach to retain the food which is swallowed

This is a subject which calls for considerable accuracy and discrimination, but which unfortunately has not elicited that research from the ablest part of the profession which it deservedly merits. It is considered by many as a disease of minor importance and which should be superseded by those, which, being more severe and acute in their attack, are supposed to be entitled to more attention. This, we think, is an erroneous opinion. Chronic affections should demand the same share of attention, although not so immediately dangerous, as the Acute; for the latter either terminate favourably, or the patient is liberated from his sufferings by that welcome Visitor, who, in the plenitude of health and enjoyment, is so much dreaded. But when Indigestion or any other lingering disease invades our frame, unless alleviated or cured, we drag out a life of listlessness, of misery and of wished for death. "There is no doubt but every man on reflection, considers the Disorders of the Digestive Organs to be of the first importance, and will perceive the propriety of diligently enquiring into their Nature, that we may know them when they exist and that our attempts to remedy them may be conducted on rational principles."

\* Abromathy, on the Constitutional Origin and Treatment of Local Diseases.

and ramification of the *Par Vagus*. As a correct anatomical examination of this Nerve would lead us into a digression too lengthy for the present Essay, we will merely relate, that emerging from the Cranium it passes on the side of the neck sending branches to the tongue, pharynx, larynx; passes into the cavity of the Thorax, sending branches to the Oesophagus, Lungs, Pericardium, Heart &c; it now passes through the diaphragm and is extensively distributed on the Stomach, after which it joins with the Sympathetic and helps to supply the Intestines, Liver, spleen, pancreas, kidneys and also unites in its course with the *Lumbosacral*. With such an extent of course and such a variety of connexion, with such an abundant distribution to the Stomach, we should not be at all surprised at many of the otherwise anomalous symptoms of Indigestion which we have related above. The contents of the Cranium, Thorax, Abdomen are all more or less liable to be affected and to exhibit that affection in some unnatural or deranged action. Abernethy, in his remarks on the Constitutional origin and treatment of local diseases, says, it may produce in the nervous system a diminution of the functions of the Brain, or a state of excitation causing delirium or the opposite state of imitation and pain; it may produce in the Muscular system, weakness, tumors, palsy or the contrary affections of

and particularly pastry or any rich dish, whether of animal or other kind of food. This however should not be considered as a case of true Dyspepsia, as merely of an Irritability of Stomach, since Dyspepsia when logically defined signifies Bad or difficult digestion but in this case Digestion is not permitted to commence. Such is the connexion of the Stomach with the different parts of the body, by the intervention of Nerves, and so powerful is the Sympathy maintained by means of these same nerves, that Dyspepsia rarely stands alone or is not accompanied by an affection of some distant Organ. The Intestines, the Liver, the Heart, the Lungs, the Brain, the different secretory organs, whose fluids aid in the process of digestion, are all more or less secondarily affected. The mind in some cases participates largely in the disturbance of the Stomach and we have the most frightful vomitings and occasionally stupor, sometimes amounting to lethargy.

A pain in the shoulder is a common symptom of a diseased Liver; this, we know, arises from the Phrenic nerve, which is spread upon the diaphragm and Liver, having some lateral branches united to the Brachial plexus.

In the same manner, we may explain many of the symptoms which accompany Indigestion, from the course

In Stomachic Dyspepsia, on the other hand, it is the Stomach, which is to be primarily attacked, for it is in that organ in which the root of the disease is located and which must be eradicated before the derangement and unnatural motions of the general system will be changed for the easy and beautiful actions of the different Functions in a state of Health.

We have often heard it related, (how true it is not in our power to determine) that, when the Stomach is affected with Dyspepsia, no other disease of that organ can supervene. Hence a dyspeptic is free from the different affections, which invade the Body through the medium of the Stomach, such as fevers, eruptions of various kinds &c. If this be correct and which, from reason and analogy is not at all improbable, we possess another marked illustration of that law of the animal economy, pointed out by the illustrious Hunter, that "no two diseases can occupy an organ or the system at the same time" and it likewise points out to us the obstinacy and tenacity of the disease with which we have to contend, since it remains firm and immovable in the midst of an atmosphere, which those in health dare not approach with impunity,

spasms and convulsions; it may excite fever by disturbing the Sanguiferous system and cause various local diseases by the nervous irritation, which it produces. Affections of all those parts, which have a continuity of surface with the Stomach, as the throat, mouth, nose, lips, skin, eyes and ears, may be originally caused or aggravated by this complaint."

From the view of the intimate connexion which exists between these different parts of the same Machine, it is by no means an uncommon occurrence to find the Stomach secondarily affected or for Indigestion to be a Symptomatic affection.

Dyspepsia then, according to the view we have taken of it, may be divided into

#### Idiopathic and Symptomatic

distinguishable not only in theory but also in practice, in as much as in every chain of affections, under which the Animal System may be bound, it is the first link of the series we should burst asunder, when all the others will generally give way, unless they have become so rivetted or assimilated to the part by habit as to have caused some material alteration in it. It will therefore be necessary to cure first of all the affection, which has caused this general derangement of the system, when the others will for the most part easily yield.



it is prevented from performing its duty as when in a healthy state. The muscular fibres are affected and cannot make sufficiently forcible contractions, the Gastric liquor is vitiated and cannot exercise that peculiar power over the food, so essentially necessary to the production of healthy chyle and consequent nourishment; hence the cause of acid eructations, cardialgia and the other symptoms which have been described.

Cullen divides the causes into,

- I. Those which act directly and immediately upon the Stomach itself.
- II. Those which act upon the whole body or particular parts of it but in consequence of which the Stomach is chiefly or almost only affected.

Of the first kind are,

- I. Tea, coffee, tobacco, ardent spirits, opium, bitters, aromatics, putrids and acrids.
- II. The large and frequent drinking of warm water or warm watery liquids.
- III. Frequent surfeit or immoderate exertion of the Stomach.
- IV. Frequent vomiting, whether spontaneously occurring or excited by art.
- V. Frequent spitting or rejection of saliva.

Having thus pointed out as well as lay in our power the different Symptoms of Dyspepsia, its division into Idiopathic and Symptomatic, the method to be pursued as resulting from this division and made a few remarks on its Nature &c, we shall in the next place proceed to give an account of its various

### Causes

which have an agency in the production of it.

Here, in the first place, it will be necessary to remark that we shall not follow the usual method of authors, who divide the causes into predisposing, occasional, remote, exciting, proximate &c. We shall simply enumerate them as causes, for the division mentioned above makes no difference as to the practice to be pursued and it tends to create confusion in our breasts which to a student should be carefully avoided, for Medicine is a Science, in the Elementary part of which there should be no Metaphysical distinctions but every part should be made as clear and as simple as the nature of the subject will permit. What is generally called the Proximate Cause viz debility of the Stomach, we believe to be the Disease itself; that is, the derangement of the Stomach, called Dyspepsia, consists in a debility of that organ, by which

Dr. Ross says that according to the doctrine of the British commission-  
the principles of the stomach and the action of Digestion are  
disturbed. The whole is changed in its nature & it is  
not a case of Indigestion. The stomach itself is not diseased  
or inflamed & nothing disturbs the Digestion except the irregular action  
of larger or smaller quantities of food & the irregular secretion of the gastric  
juice. The Digestion is normal, but the stomach  
is not so & he says the sign of this anomaly is that the contents  
are not passing to Digestion.

Carries water from the river to which it contributes, then into the  
stream of a smaller stream, in its various stages.  
Then, into larger seas, and with great rapidity, reaches the dominion  
of the barometer & the water is directed thus into the ocean,  
to be thrown into the stream, and is accepted there.

Estimated Budget:-

at nearly bottom. The core sets a curved and narrowing channel  
at bottom. The cap. in. lies upon them.

Hong bin sau Hong yee see a very pleasant couple in Singapore;  
the latter is the daughter of a Chinese house  
and has been married with someone who was well educated



It is not, however, the only one returning to the wisdom of common sense. They are in reality, rather, a new and revised theosophy, and certainly those who believe are thinking. The book will be a large addition to theosophical literature, and will be a most valuable aid to the student of theosophy, and a most interesting and useful book to the student of theosophy.

It brings home to my recollection a story which I had  
 forgotten since. It is a story given in a book on the spiritual  
 life, a representation of himself, but not necessary to read to much  
 is to be aware to all himself. It is a story of the great  
 commandment and finally tells him that it is possible to have  
 the most intimate love his neighbor. It is a story of "I have  
 seen this man, but I have not yet seen him."

in some cases, however, is almost necessary without the least injurious effect arising from them; but this is so rare since all constitutions and all Temperaments are not alike, for what to one is good and nourishment to another may be extremely detriments.

Much exposure to cold and coldness of air is no longer another cause of the disease of which we are treating. In the course of the primary action in the lungs and the communication to the stomach out of its primary action on the latter again, in the same manner as a diarrhoea is sometimes produced by a temporary exposure to it. We say sometimes as sometimes in visiting the houses of the French House which, although it was never continued, would induce a long case of dyspepsia.

Cold sensations are very frequent sources of this disease, and to remove them is generally supposed, and should be most vigorously pursued against by those who are so unfortunate as to have a weak stomach.

The above are the most frequent and most common causes of the disease which constitutes the subject of our study, but frequent and common as they are, it is a necessary duty that I should

[illegible]

### Treatment

We have now reached at last a series of our subjects in which it will be necessary to speak of the medical complications for the cure of this disease or at least to generally touch the subject. This in the present effort is rather a difficult task. With an account of the various kinds of agitated mania & the minority of cases where the disease seems to be cured, assuming next determination our progress in the treatment to a new & still less known & in the indications of drug successfully above mentioned.

the above names, just the statement of the necessity of cases of the  
law which under the new common & the symptoms involved, namely,  
it is the same one, resolution of the physician is not to  
consider the three symptoms and symptoms associated, symptoms which  
occasionally, some, occur. However, rarely, & sometimes are noted,  
recommenced as symptoms, present treatment must be attended to  
in order to give evidence to their other symptoms.

Emetics. In the case of a generally  
enfeebled constitution an Emetic; such as Ipecacuanha  
is used to excite the natural powers, & to induce  
a more regular & solid of evacuating the stomach & the



and we were led to the necessity of this, by the sulphur  
which enters into the combination, which has a peculiar relation  
to the skin, that sulphur in the way, is absorbed and enters  
into its natural action and in the circulation the remaining  
ingredient of the compound any remaining acid, which may exist,  
is immediately absorbed and carried off thereby, giving place to  
other remedies. Combinations of Rhubarb and salmagundi, rhubarb  
and crocus and indeed in general a magisterial dose in  
broken off and which, in different cases, may exert a peculiar  
influence. The next step now is to try what we can then do for  
and we shall see which we consider appropriate to the case.

If we have any matter to relieve the  
liver or intestines, to be much easier we should undoubtedly  
make use of Cassia and in India does until it has produced  
a decided effect it is a purgative remedy and on which  
in most of the above mentioned is of infinite importance and  
which should not be overlooked. Combinations of Rhubarb with  
magnesia are we believe recommended in the cases of Rheumatism

above the recommended 5 grains of Rhubarb  
the next dose dinner with a view to exciting perspiration and the

of their fluids. After the Emetic.

## Purgatives

are the next remedies in order. These are indicated by the softness and imminent accumulation of excreta and act by the increased secretions which excrete, bowels. This operation is the surest by which their influence is exerted and act as stimuli on the approach of their usual attack.

That purgation should be commenced in the case soon as?

This is a Question to which Physicians will not render the same answer.

To what can this diversity of opinion be attributed? It must be owing to the prejudices of the Physician. His misapprehensions of the various causes and consequences of the various diseases and the various circumstances which he has in various cases found to be connected with the various diseases, and a most necessary to be avoided to its violent nature requiring different degrees as it exhibits different cases.

The Progress of the Practice of Physic, depicts the true state of the mind and of the body. This we have no doubt is an excellent preparation

matrimonial, regarding the restorable some the minerals and others  
a combination of both. Here we repeat what we have already  
said when speaking of Insultures; that, we reduce this difference  
of opinion and prejudice to arise from immaturity in judgment  
and are to the nature of Epilepsia being so  
extremely variable that remedies, which are successful in the one  
case are by no means so for another; this being the case  
we will often have to make a trial of the several preparations  
until we obtain one which will answer every purpose.  
Fortunately however, some one of them will generally be found  
well suited to the disease, which should make a difference  
in the use of them remedies, which I thought good to put  
under your hands.

The various kinds derived from the  
imperial Kingdom, such as the Soweran Bark, Roots Quina  
Columbo, Camomile and most of the Herbs now used are  
and with some success. They may be considered in general  
detrimental, inasmuch as to induce the nervous system to become  
sensitive; and in some cases in which there is an excessive  
activity with a weak frame, such as should give in

Stomach and vomiting; in the latter a Suction; & pains of  
the Piles; anisotropic occasionally is seen; a typical sensation of  
the which must be experienced from an invasion of the patient's  
stomach, with a transient remission of the following, ingested and  
in the evening motions.

Use of Comp. Inf. position. 31

Inf. of Senna 34

Comp. Inf. of Cassia 31

It is taken twice during the day, with a view to avoiding constipation  
and maintaining stomach to the stools.

After we have by some of the foregoing articles completely removed the stomach and alimentary  
canal it is recommended that we should consider the next indication  
of cure is to maintain the digestion and prevent surges and  
this is to be done by the use of Comp. Inf. of Senna, which by Writers  
on the Materia Medica are styled

### Tonics

Tonics are then the third class of substances which we  
employ to remove the disease and here as in the next  
class a common variety of purgatives, some



presence & the disease have been tried and unanimously  
proved, when Scip. is with a tumour; and tonic. Serpentina  
is another of the vegetable tonics and one which is light and  
aromatic and well suited to many cases of Syphilis.

The different Chinese tonics are likewise useful  
either alone or in combination with other tonics and in the form  
of the several medicinal wines. These various preparations may  
be seen in the Dispensary, but there are two particular ginsengs  
as of *Prunella* (the bark) which we have mentioned having no  
doubt of their efficacy.

Dose of . Root of Iron ʒijss

Gentian and Sassafras each ʒjss

Put Wine 164

Put the mixture in a bottle and shake it to stand in the  
Sun or warm place for 2 or 3 days, shaking frequently, during  
that time, when it is to be decanted for use, which is to be  
given 4 or 5 times a day.

Dose of . Tincture of Iron ʒi

Gum arabic, sufficient to mix it into a mass  
divide the whole into 30 pills - 2 or 3 of which may be given

which would help to impart some to the Span and remaining in  
England would be in service.

It is no opinion however that English are  
any such superior to French. We think that the English and  
American Physicians are far inferior to the French in this  
mode of managing diseases; they do not make sufficient use of  
glysters. It will however, arise from some necessity and in many  
cases is best given the principles of the patient and the disease.  
But this should be at most used the Physician from prescribing  
them in those cases in which he is inclined they would be of benefit,  
as from being the source of some of his authority in the opinion  
of his patients. We think, however, more than a Glyster,  
the mode is of advice, advice, and encouragement and the French  
is much superior; as in the Glyster is thus used to  
produce a great irritation to the stomach and intestines, and  
in other cases it does not operate in a violent and often  
simultaneous and involves the stomach so much as to produce vomiting,  
it is necessary to interfere with those other articles which are  
essentially necessary to the digestion and evacuation of the  
urine.





## Diet

*Liquids.* The stomach is sometimes so much increased in capacity, that it cannot digest any kind of solids, if taken in any quantity, turning soon to mucus as soon as swallowed. In such cases, they should be given only in very small quantities at a time: such as a tablespoonful at long intervals. Such is, as far the diet is concerned, that can be given. It will often remain in the stomach, when other solids would be immediately rejected and cause to vomit. A little time will be spent in it, and frequently it is very nourishing: sometimes, if the stomach is relaxed, as if there is a superabundance of acids; for in the first case it will be nourishing, it will be in it long, and in the second it will be rejected, although the acid and mucus then digests the contents, and is in the stomach for frequently some time, and some patients are in such cases will need a nourishing and nutritious aliment.

When sometimes there is such a large collection of mucus in the stomach, it is possible in the employment of such is an albumen of egg. In such cases, we have sometimes a more liberal diet, such as black tea, weak brandy and water, or buttermilk and water, and the addition of a little wine if the system is relaxed.

In saying the rest of our subject we cannot  
not transferring a name of "Futurism in social conditions", it being  
significant to what we have stated. He says "In saying down the  
fundamentals of any science, general principles alone can be  
communicated; in every case certain conditions occur, which  
require judgment, experience and application observation in their  
application; we cannot give a ready-made theory or formulae,  
which is each condition and habit, since the relation of every  
condition must ever be a new one".

It is in the foregoing propo-  
sition to the rest of our subject the historical development of  
Egyptian, we can see it down to the present time which  
have our nation and government of institutions for the  
constitution of the nation during the course of the century  
past, and has in some instances not a single instance  
even of "St. George" the emperor and his successors  
a nation and its institutions and the same rule of the  
church and the empire of Egypt.

The history of our nation is  
the history of the world.

most common. It is a disease of man and animals to which his  
infected blood readily gives access and in which however  
the virus remains for a considerable time after removal  
from the flesh, and is contained in the blood. It is a disease of  
the skin with its appendages.

Very common for the nose, ears, and  
throat. It is a disease of the skin and its appendages and is a result  
of this difficult disease being caused by the permeation of the  
skin by bacteria and variations in the structure of the skin  
with blood in the blood in the skin. The skin is the  
abundant and from these sometimes do not accord with the skin.  
It is a disease of the skin and its appendages and is a result  
of this difficult disease being caused by the permeation of the  
skin by bacteria and variations in the structure of the skin  
with blood in the blood in the skin.

Of the diseases of the skin and its appendages  
that most is the most common in man and it is a disease of the  
skin and its appendages. It is a disease of the skin and its  
appendages. It is a disease of the skin and its appendages.  
It is a disease of the skin and its appendages. It is a disease of the  
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It is a disease of the skin and its appendages. It is a disease of the  
skin and its appendages. It is a disease of the skin and its  
appendages. It is a disease of the skin and its appendages.

himself a man of Society. I wish I represent the Nation  
in it; but, alas! he is not one worth sitting; a little  
dressed as when conversing, when sitting.

Some one gave me an incubator; it's disease;  
 says, and is, that my chicken is the Egyptian, for it is  
 apt to eat the insects it was, as they, and is the  
 # 1000, and is much of my good.

[illegible]

above I have the effect of the same time during the night, that he  
was taken a little more. His action however appears to be  
increased in as much as it is contrary to what we are able to  
control which is in fact, considered a second action. It seems to  
connect more with reason and morality, that the stomach during  
the night should feel as it does now. The first action seems  
to be opposed to a necessary & a healthy condition of the  
stomach & a removal of its original and natural state  
which is now restored.

The power this body in the act of being  
reabsorbed, requires a relation to digestion. It is observed by the  
and indeed every one's experience that the more the  
digestion is interrupted during the night, more the  
any supports are so ministers. Dyspepsia is a common result  
of this interrupted digestion; & then the stomach is it naturally  
condition, when natural digestion takes place it is a more  
a more good during the night, more and more, it is more  
the action, that is, the more the action is the more  
it is required, that the more of the day it is required, the  
more it is required, the more it is required, the more it is required.

condition. Fruits and Veggies in very fine must be dissolved.  
Crusts, which may be used but in very moderate quantities.  
Fruits, which are indigestible being useless and indigestible.

The stomach should eat a little at a  
time, not frequently. This food or work should be particularly  
tender to: The stomach should not be overworked nor should  
the patient eat while his appetite is interrupted, nor occasionally  
the liver, for years is active. The appetite being occasional, so that  
it is not usual to stimulate the quantity of food, necessary to a  
liver. It is so in the case of men, and the appetite must be  
sustained. Excessive quantities of food would be swallowed. The stomach  
would be overworked and an indigestion would be produced  
in its course; hence we observe the nature of the stomach, eat a  
little at a time.

He is not anxious to dine so early with the women  
but the condition that the patient should eat frequently, so that  
his stomach may be always engaged. He is too busy to dine to  
allow that intervals of repose should be allowed it in order that  
it may avoid the commoner errors, and stomachs, during which so  
many of us are in pain. It is generally advised by writers in this

## Exercise

The patient should resort to some Mineral Spring, such as Saratoga, Ballston or Bedford in this State or to the Sea shore and avail himself of the strengthening and refreshing effects of the Sea Bathing and Sea Air.

Exercise is of considerable importance; it should be graduated by the strength of the patient; when it becomes fatiguing, it does more harm than good; it then exhausts instead of invigorating the system. The patient in taking exercise should always have some object in view. He should be engaged about his ordinary occupations, visiting Friends; or what is far preferable, he should be taking a long journey through the Country. The change of scenery, the change of air, the occupation of his mind, the movement of the different parts of his Body, the company of a cheerful friend will all tend to exhilarate his Mind & communicate to his Body its original healthy state. Wonderful indeed are the cures, which have been recorded in Medical histories, by proper and duly regulated exercise and change of air and scenery.

It may be taken on Foot; on Horseback, which was the Great Gydenham's favourite mode; or in any

food taken into it.

We have dwelt on this point, because it is of considerable importance and has not commanded that attention, which it deserves; for, the due regulation and proper administration of nourishment is, of as much importance and even sometimes of more, than the medicines we employ, to combat and supplant this disagreeable affection.

With these remarks, we finish the consideration of diet, the most important part of the treatment in many cases. With the remedies, mentioned above and a strict and religious observance of diet, we can generally succeed in curing the affection of the Stomach, unless it arises from some organic structural disease, out of the reach and power of Medicine. We have said generally, because cases will occasionally occur, which will baffle the treatment of the most eminent and skillful practitioners. Even here however, we have still another and last resort and one, which our wide extended and highly favoured land, abounding with Mineral Springs in the Interior and washed by the Billows of the Ocean on the Exterior, will afford to every one; we mean Country Air and Country,



Indigestion

#10

B. Phyllis

Dr. J. H. H. H. H.

1899-2000

October 28th 1899

James H. H. H. H. H.

admitted March 6th 1822

convenient vehicle. The valuable and benevolent life of the  
Celebrated Dr. Garvie of Liverpool was preserved, after all the  
symptoms of a confirmed pulmonary consumption had appeared,  
by taking exercise in a Carriage through various districts of  
County.

### Cloathing

Cloathing should likewise be  
strictly attended to. Flannel should be worn next to the skin  
and the feet, in particular, should be kept in a comfortable  
condition; they should be shielded from the dampness and  
moisture of the ground.

James Kitchen Jun<sup>r</sup>

